

CLAIMS

1. A method of demonstrating the draining activity of a cosmetic and/or a dermocosmetic treatment, said method comprising:
 - 5 • prior to the treatment, acquiring at least one first datum representative of the water content in the superficial dermis and/or in the epidermis, using an MRI imaging technique having high spatial resolution;
 - treating at least part of the body with the
10 composition;
 - after the treatment, acquiring at least one second datum representative of the water content in the superficial dermis and/or in the epidermis, using said MRI imaging technique;
 - 15 • demonstrating any draining activity by comparing the first and second data.
2. A method according to claim 1, characterized in that the treatment comprises topical application of the
20 composition.
3. A method according to claim 1, characterized in that the treatment comprises administration of said composition by general means, in particular ingestion or
25 inhalation.
4. A method according to any preceding claim, characterized in that $N(H)$ is compared before and after treatment.
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5. A method according to any one of claims 1 to 3, characterized in that the relaxation time $T1$ is compared before and after the treatment.
- 35 6. A method according to any one of claims 1 to 3, characterized in that the relaxation time $T2$ is compared before and after the treatment.

7. A method according to any preceding claim, characterized in that the composition comprises a lipolytic active ingredient.

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8. A cosmetic composition, characterized in that it contains, in a cosmetically acceptable medium, at least one active ingredient, in particular a lipolytic active ingredient, said active ingredient being such that when it is present in a sufficient quantity in the composition, use of said active ingredient in particular by topical or general means can cause a reduction in N(H) of at least 2.5% in the superficial dermis and/or the epidermis.

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9. A cosmetic composition, characterized in that it contains, in a cosmetically acceptable medium, at least one active ingredient, in particular a lipolytic active ingredient, said active ingredient being such that when it is present in a sufficient quantity in the composition, use of said active ingredient in particular by topical or general means can cause a reduction in T1 of at least 2.0% in the superficial dermis and/or the epidermis.

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10. A cosmetic composition, characterized in that it contains, in a cosmetically acceptable medium, at least one active ingredient, in particular a lipolytic active ingredient, said active ingredient being such that when it is present in a sufficient quantity in the composition, use of said active ingredient in particular by topical or general means can cause a reduction in T2 of at least 1.5% in the epidermis.

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11. A composition according to claim 8, characterized in that the variation in N(H) is at least 4% in the superficial dermis and/or the epidermis.

12. A composition according to claim 8, characterized in that the variation in N(H) is at least 9% in the superficial dermis.

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13. A composition according to any one of claims 8 to 12, characterized in that it includes at least one active ingredient selected from caffeine and its derivatives, caffeine citrate, theophylline and its derivatives, theobromine, acefylline, aminophylline, chloroethyltheophylline, diprofylline, diniprophylline, etamiphylline and its derivatives, etofylline, proxyphylline, ephedrine and its derivatives, combinations of caffeine and silanol, compounds of natural origin containing xanthic bases such as extracts of tea, coffee, guarana, maté, kola (*Cola Nitida*); plant extracts of *Garcinia Cambogia*, extracts of *Bupleurum chinensis*, extracts of common ivy (*Hedera Helix*), arnica (*Arnica Montana L*), rosemary (*Rosmarinus officinalis L*), marigold (*Calendula officinalis*), sage (*Salvia officinalis L*), ginseng (*Panax ginseng*), St John's Wort (*Hypericum Perforatum*), Butcher's Broom (*Ruscus aculeatus L*), meadowsweet (*Filipendula ulmaria L*), orthosiphon (*Orthosiphon Stamincus Benth*), birch (*Betula alba*), extracts of pumpwood and argan tree, extracts of ginkgo biloba, extracts of horsetail, extracts of escin, complexes of phospholipids and of proanthocyanidines from horse chestnut bark, extracts of cangzhu, extracts of *chrysanthemum indicium*, sapogenins such as diosgenin or hecogenin, their derivatives and natural extracts containing them, in particular Wild Yam, extracts from plants of the genus *Armeniacea*, *Atractylodis Platicodon*, *Sinom-menum*, *Pharbitidis*, *Flemingia*, extracts of *Coleus* such as *C Forskohlii*, *C blumei*, *C esquirolii*, *C scutellaroides*, *C xanthantus* and *C Barbatus*, extracts of *Ballota*, extracts of *Guioa*, *Davallia*, *Terminalia*, *Barringtonia*, *Trema*, *Antirobia*, extracts from algae or

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phytoplankton such as rhodysterol or extract of *Laminaria Digitata*, the alga skeletonema, and diatoms.

5 14. A composition according to any one of claims 8 to 13, characterized in that the variation in the water content is observed after four weeks of treatment.

10 15. A composition according to any one of claims 8 to 14, characterized in that it comprises at least one extract of Dioscorea which is rich in diosgenin.

15 16. A composition according to claim 15, characterized in that the extract of Dioscorea derives from wild yam tubers.

20 17. A composition according to any one of claims 8 to 16, characterized in that it comprises at least one fatty acid glyceride or a mixture of C₆ to C₂₂ fatty acids, optionally polyoxyethylenated and/or polyoxypropylenated.

25 18. A composition according to any one of claims 8 to 10, characterized in that it comprises "Dioschol" in a concentration of 5% by weight or more, preferably 8% by weight or more with respect to the total composition weight.

30 19. A composition according to any one of claims 8 to 18, characterized in that it is packaged in a thermoplastic receptacle.

20. A composition according to any one of claims 8 to 18, characterized in that it is packaged in a receptacle other than a thermoplastic receptacle.

35 21. A composition according to any one of claims 8 to 20, characterized in that it is packaged with instructions

describing a particular sequence of hand movements with which to apply it.

22. The use of a lipolytic active ingredient for the production of a composition having a draining effect on the superficial dermis and/or the epidermis.

23. A use according to claim 22, characterized in that the lipolytic active ingredient is selected from caffeine and its derivatives, caffeine citrate, theophylline and its derivatives, theobromine, acefylline, aminophylline, chloroethyltheophylline, diprofylline, diniprophylline, etamiphylline and its derivatives, etofylline, proxyphylline, ephedrine and its derivatives, combinations of caffeine and silanol, compounds of natural origin containing xanthic bases such as extracts of tea, coffee, guarana, maté, kola (*Cola Nitida*); plant extracts of *Garcinia Cambogia*, extracts of *Bupleurum chinensis*, extracts of common ivy (*Hedera Helix*), arnica (*Arnica Montana* L), rosemary (*Rosmarinus officinalis* L), marigold (*Calendula officinalis*), sage (*Salvia officinalis* L), ginseng (*Panax ginseng*), St John's Wort (*Hypericum Perforatum*), Butcher's Broom (*Ruscus aculeatus* L), meadowsweet (*Filipendula ulmaria* L), orthosiphon (*Orthosiphon Stamincus Benth*), birch (*Betula alba*), extracts of pumpwood and argan tree, extracts of ginkgo biloba, extracts of horsetail, extracts of escin, complexes of phospholipids and of proanthocyanidines from horse chestnut bark, extracts of cangzhu, extracts of *chrysanthemum indicium*, sapogenins such as diosgenin or hecogenin, their derivatives and natural extracts containing them, in particular Wild Yam, extracts from plants of the genus *Armeniacea*, *Atractylodis Platicodon*, *Sinom-menum*, *Pharbitidis*, *Flemingia*, extracts of *Coleus* such as *C Forskohlii*, *C blumei*, *C esquirolii*, *C scutellaroides*, *C xanthantus* and *C Barbatus*, extracts of *Ballota*, extracts of *Guioa*, *Davallia*, *Terminalia*,

Barringtonia, *Trema*, *Antirobia*, extracts from algae or phytoplankton such as rhodysterol or extract of *Laminaria Digitata*, the alga skeletonema, and diatoms.

- 5 24. A use according to claim 22, characterized in that the active ingredient is an extract of *Dioscorea* which is rich in diosgenin.
- 10 25. A use according to claim 24, characterized in that the extract of *Dioscorea* extract derives from wild yam tubers.
- 15 26. A use according to claim 22, characterized in that the composition comprises at least one fatty acid glyceride or a mixture of C₆ to C₂₂ fatty acids, optionally polyoxyethylenated and/or polyoxypropylenated.
- 20 27. A use according to claim 22, characterized in that the composition comprises "Dioschol" in a concentration of 5% by weight or more, preferably 8% by weight or more with respect to the total composition weight.